



Loving Support® Through Peer Counseling:

A JOURNEY TOGETHER

WIC Food Packages for Breastfeeding Mothers and Babies

Food Packages for Mothers			
	Fully Breastfeeding GRAND DELUXE	Partially (Mostly) Breastfeeding DELUXE	Fully formula feeding (minimal or no breastfeeding) BASIC
Length of Time	1 year postpartum	1 year postpartum	6 months postpartum
Fruits and vegetables	\$10.00 cash value voucher	\$10.00 cash value voucher	\$10.00 cash value voucher
Fish (canned)	30 oz	None	None
Whole wheat bread or other whole grains	1 lb	1 lb	None
Eggs	2 dozen	1 dozen	1 dozen
Cheese	1 lb	None	None
Legumes	1 lb beans and 18 oz peanut butter	1 lb beans and 18 oz peanut butter	1 lb beans or 18 oz peanut butter
Breakfast cereal	36 oz	36 oz	36 oz
Milk	24 qt	22 qt	16 qt
Juice	144 fl oz	144 fl oz	96 fl oz

Food Packages for Infants			
	Mother's Priceless Breastmilk	Mother's Priceless Breastmilk (minimal WIC infant formula*)	WIC Infant Formula*
Breastmilk or Infant Formula	Mother's Priceless Breastmilk	Mother's Priceless Breastmilk (minimal WIC infant formula*)	WIC Infant Formula*
Infant food fruits and vegetables	256 oz of fruits and vegetables (64 - 4 oz jars)	128 oz of fruits and vegetables (32 - 4 oz jars)	128 oz of fruits and vegetables (32 - 4 oz jars)
Infant food meats	77.5 oz of infant food meat (31 - 2.5 oz jars)	None	None
Infant cereal	24 oz	24 oz	24 oz

* Infant formula amounts vary based on the age of the infant and the food package assigned.



















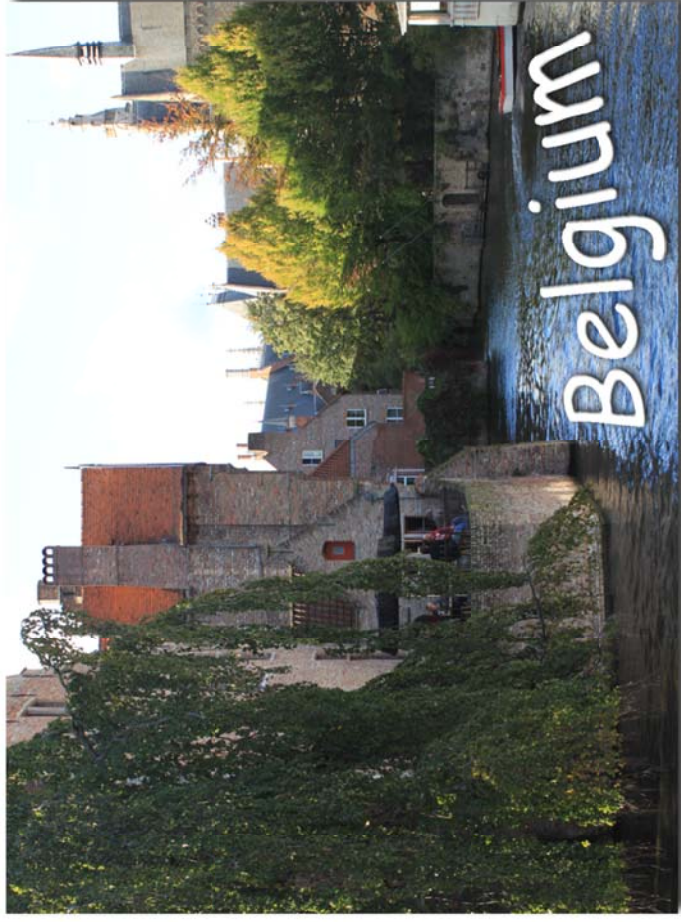








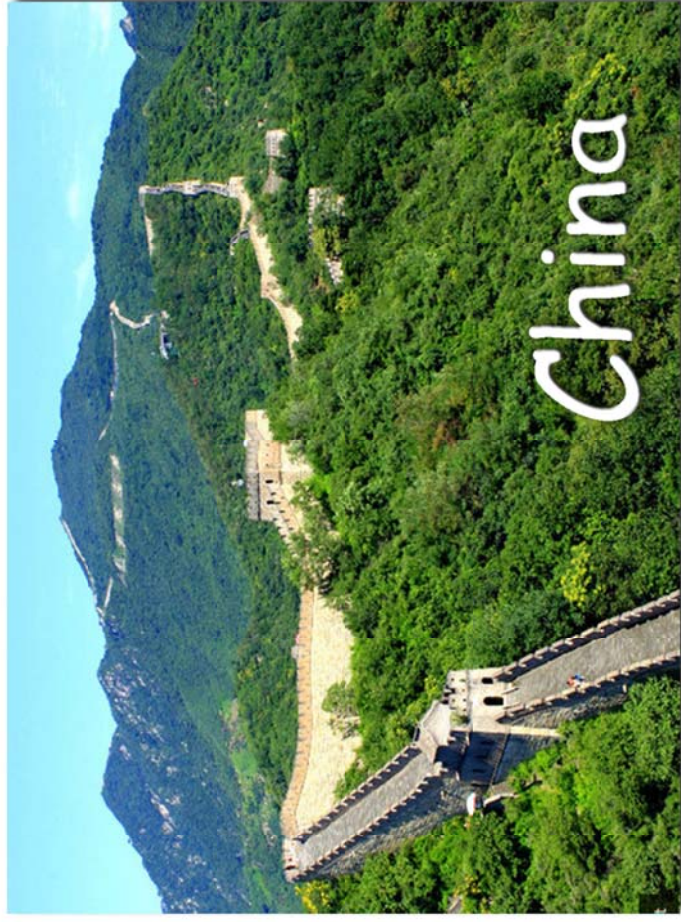
Bahamas



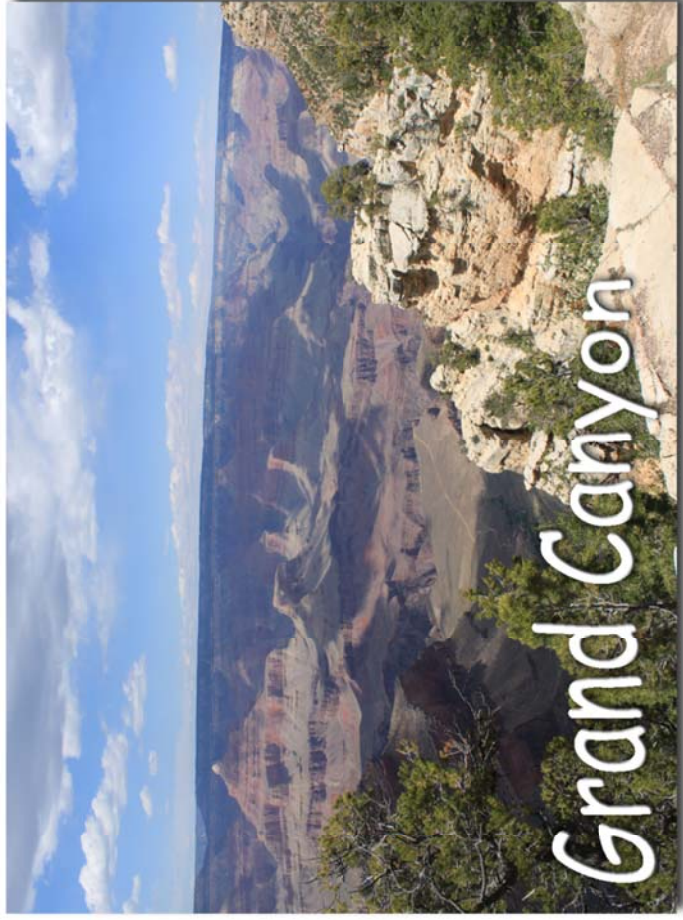
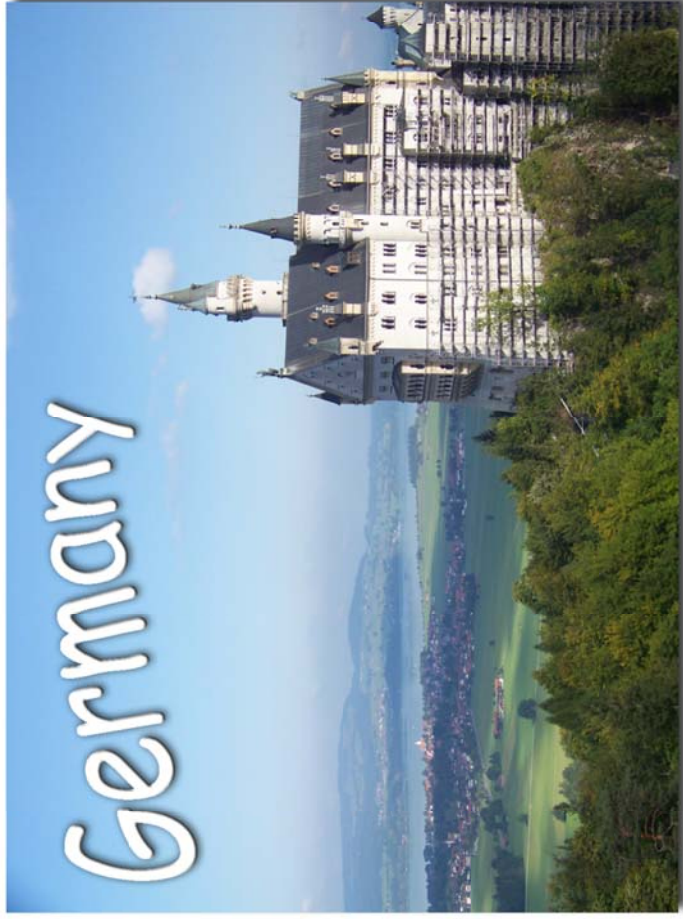
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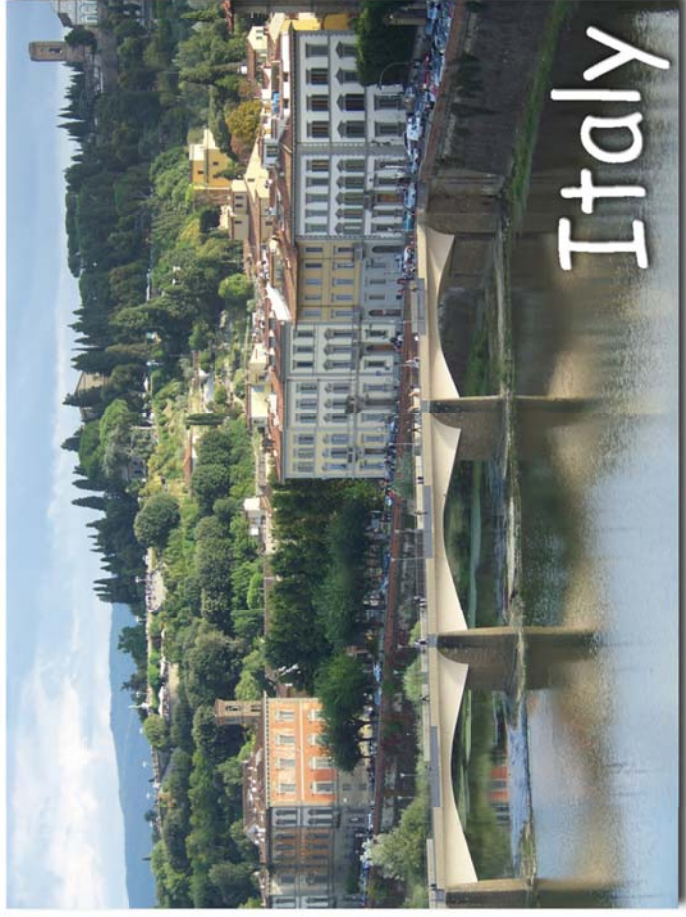


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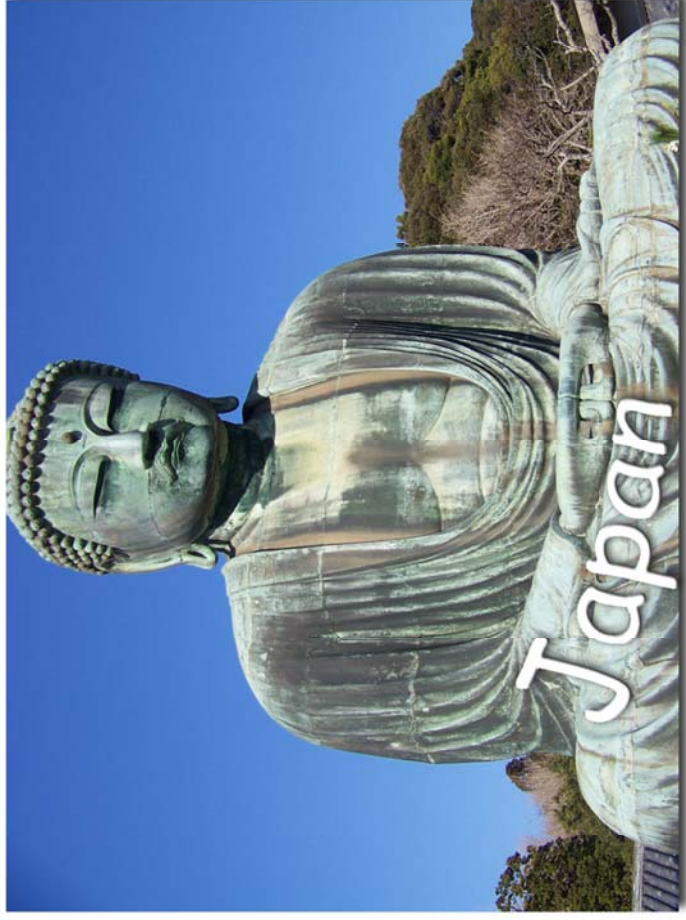


China





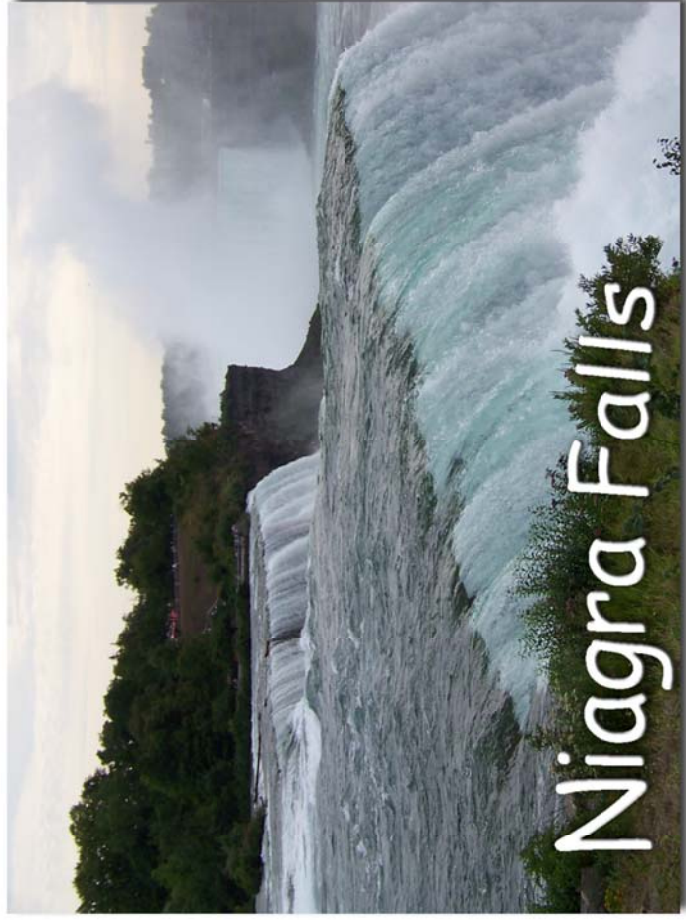
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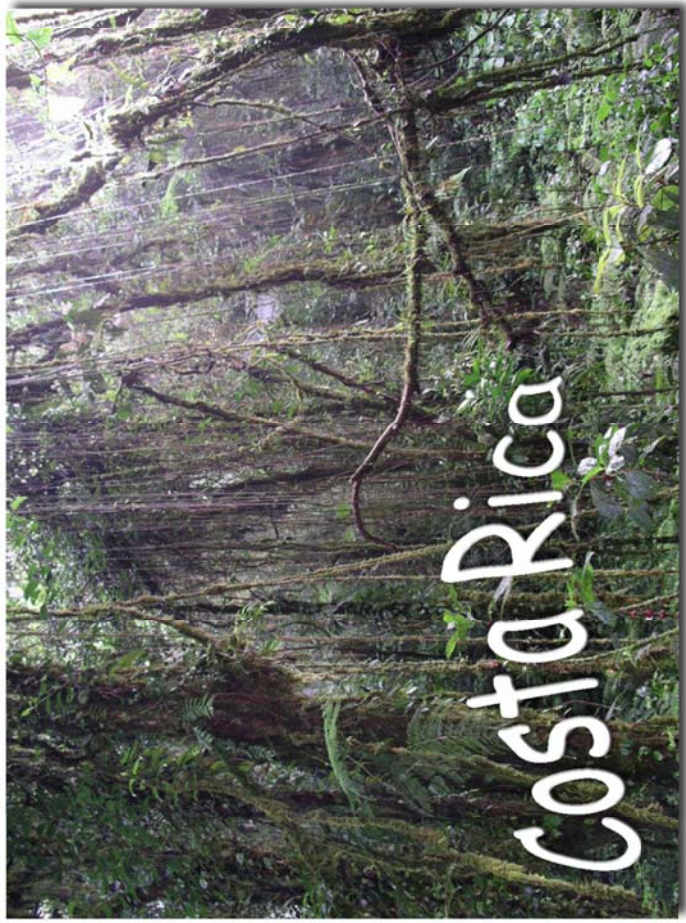
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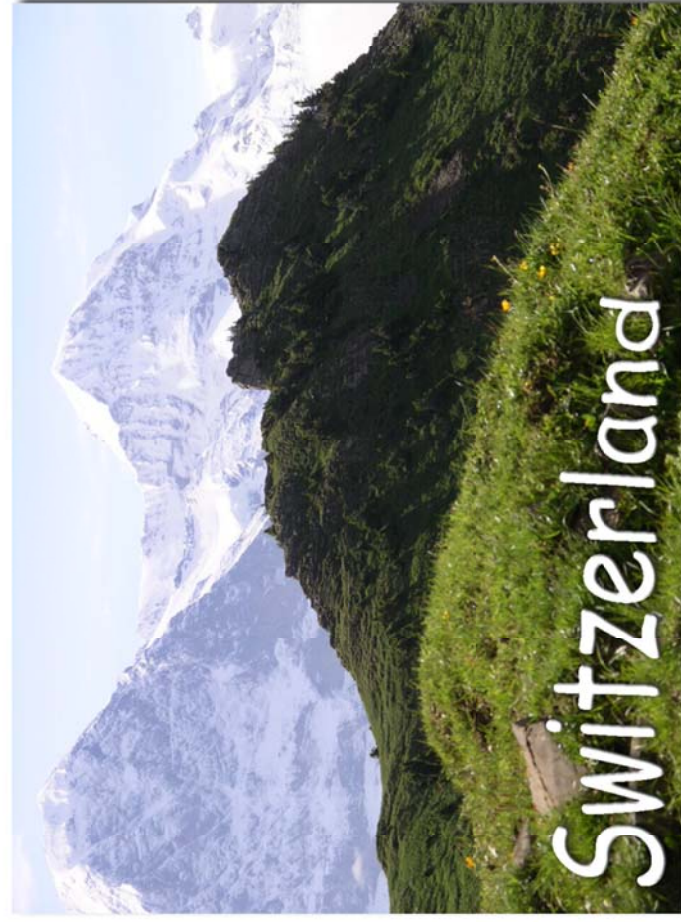
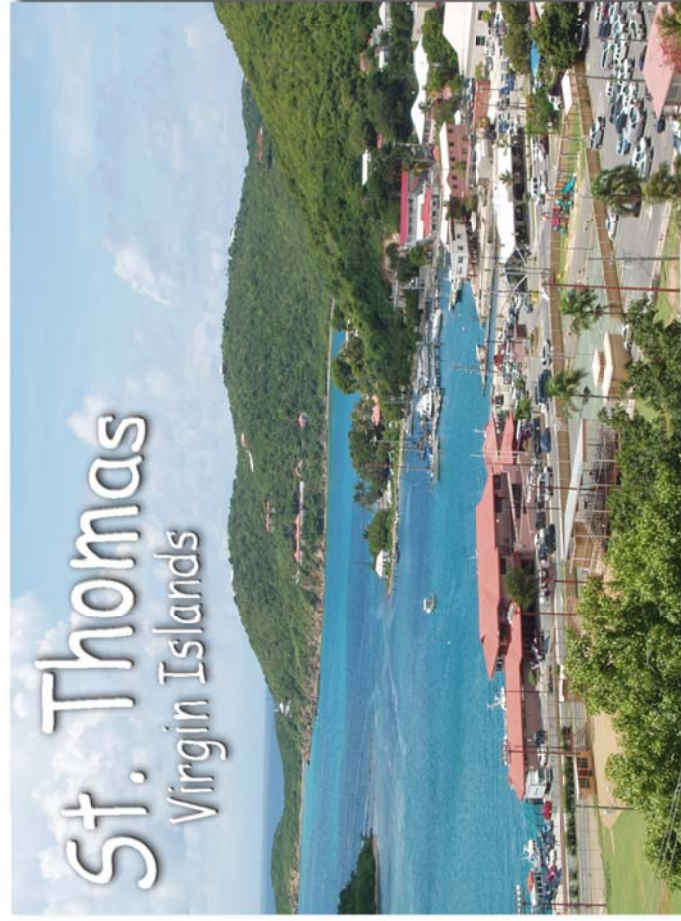
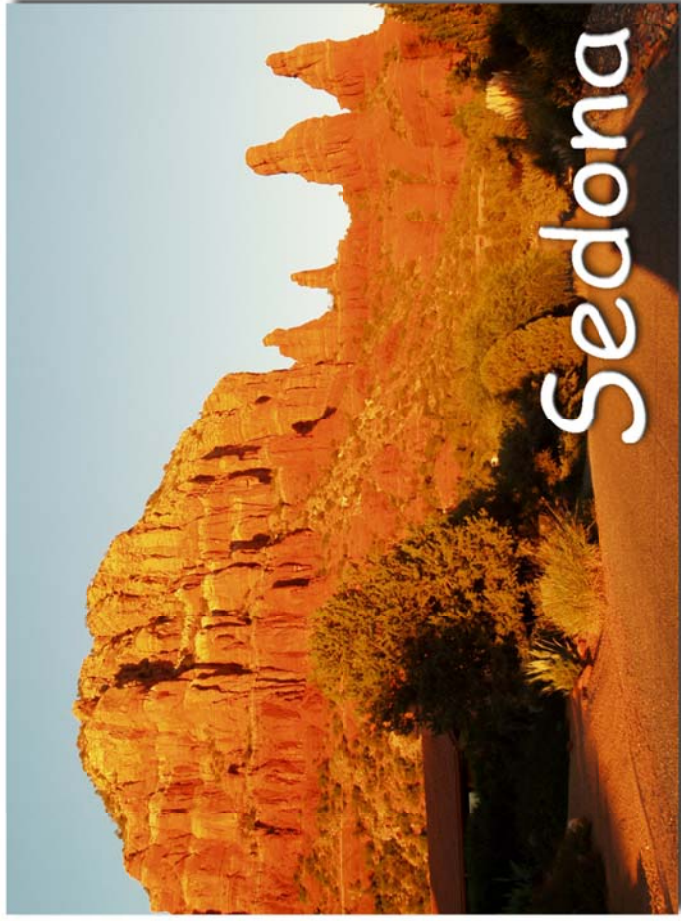


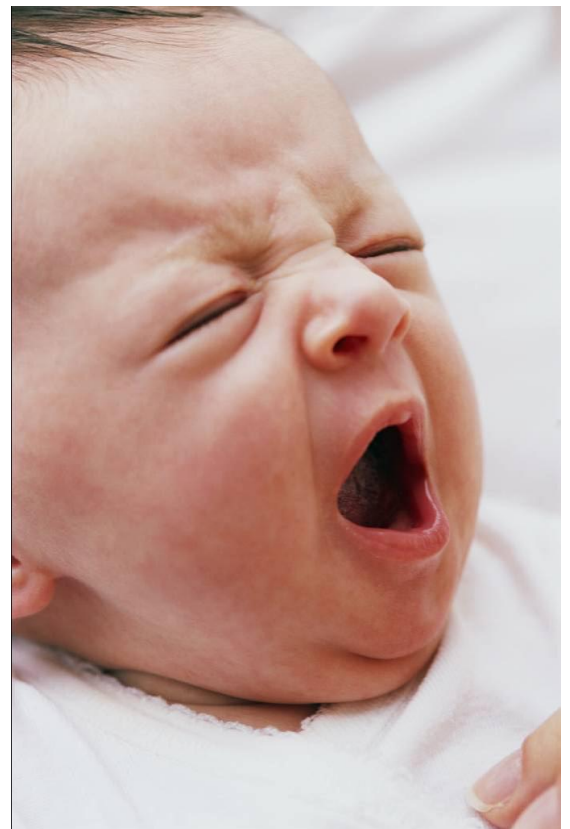
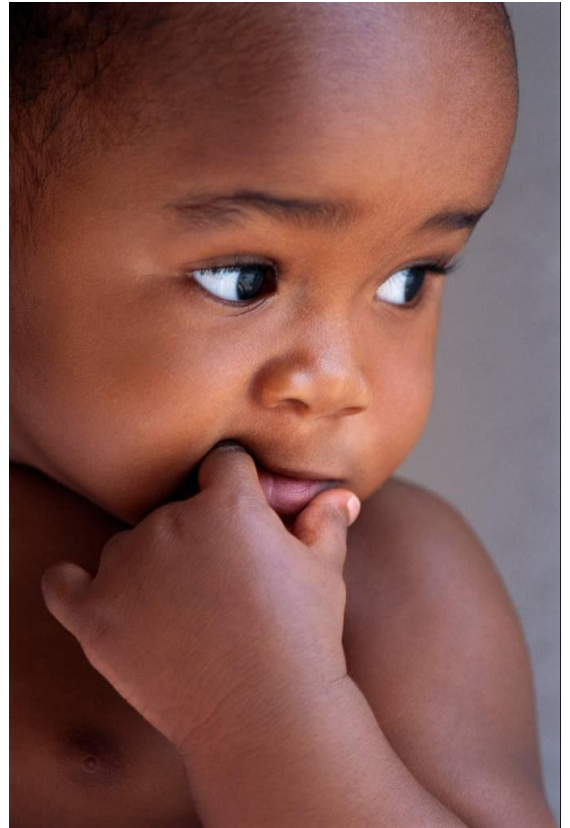
New Zealand

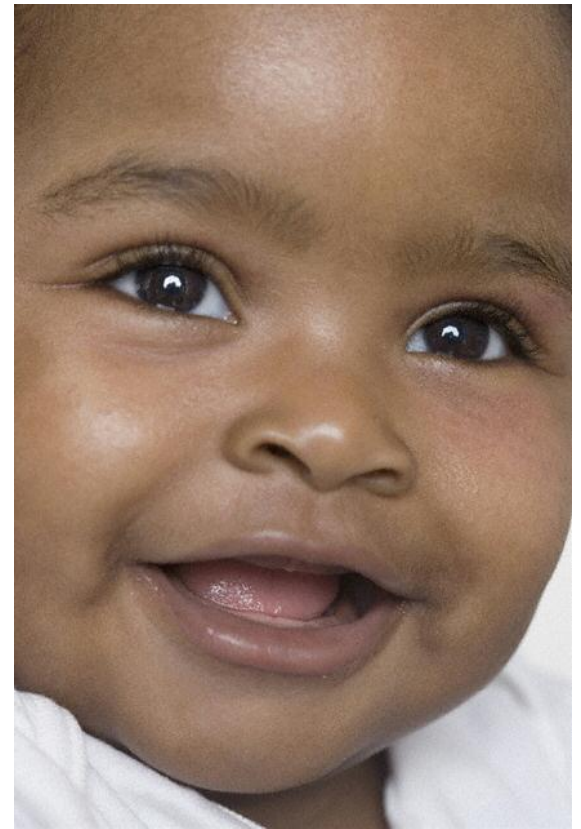


Niagra Falls









Jerking
Motions

Tears

Color
Changes

Tight
Muscles

Lots of Body
Movement

Facial
Movement

Irregular Breathing

Eyes Open but
May Not Interact

Sometimes
Fussy

Sensitive to Body
and Surroundings

Common
before Feeding

Little Body
Movement

Steady Regular
Breathing

Eyes Open
and Wide

Highly
Responsive

Wants to
Learn and Play

Can Be Tiring
for Young Babies

Variable
Movement

Irregular
Breathing

Opens and Closes
Eyes

Eyes
Glazed

Takes Time
to React

Easily
Startled

Moves a Little
Every Now & Then

Rapid Eye
Movement

Easy to
Wake

Irregular
Breathing

Facial
Twitches

No Body
Movement

Rhythmic
Breathing

Bursts of
Sucking

Startles but
Does Not Wake

Does Not
Respond

Hard to
Wake

Rapid
Breathing

Responds
Slowly

Variable Breathing

Handout 10.2

SECRETS OF BABY BEHAVIOR

See posters for:

- Infant states
- Changing states
- Baby clues
- Using baby clues
- Sleep
- Sleepy parents
- Babies crying
- Crying is no fun

Infant States



Crying

- Tears
- Jerky movements
- Color changes
- Muscle tension
- Rapid breathing
- Generally doesn't respond quickly



Irritable (Active Alert)

- Lots of movement
- Irregular breathing
- Eyes open, but not focused
- Sometimes fussy
- Sensitive to body and surroundings
- Common before feeding



Quiet Alert

- Little body movement
- Eyes open and wide
- Steady, regular breathing
- Very responsive
- Wants to play and interact
- Requires energy and can make babies tired

Drowsy

- Variable movement
- Irregular breathing
- Opens and closes eyes
- Tired eyes
- Delayed reaction time
- Easily awakened and startled



Active Sleep

- Some movement
- Irregular breathing
- Facial movement
- Rapid eye movement (REM)
- Easy to wake up
- Easily awakened and startled



Quiet Sleep

- No body movement
- Regular breathing
- Bursts of sucking
- Not easily wake up



Intensity

Intensity

Intensity

Intensity

Changing States



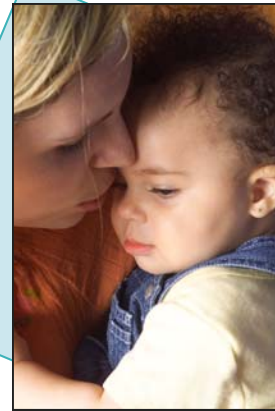
Babies can move through states very quickly, making it hard for parents to know why their baby is behaving the way she is. Being aware of cues and paying attention to the baby's surroundings can help caregivers understand why their babies might be upset or overly sleepy.

Repetition to Soothe:

Whenever a baby is crying, caregivers should be encouraged to try to identify why the baby is crying. Once the baby's needs are met, he may still be fussy. Fussy babies will calm down when caregivers remain calm and use soothing sounds and motions over and over again. Remember, it may take a few minutes or more to calm a baby who is very upset.

Examples (repeat over and over):

- Sing a song softly
- Hold the baby close and rock gently back and forth
- Rub the baby's back
- Say the baby's name in a calm voice



Variety to awaken:

Sometimes babies are very sleepy and may be hard to wake for feeds. Newborns of mothers who had medication during labor may be particularly sleepy. Fortunately, babies brains are made to react to varied stimulation.

When a sleepy baby needs to wake up, it is best to use different touches, sounds, and positions to stimulate the baby's brain.

Examples:

- Change the baby's position
- Remove the baby's clothes and/or change her diaper
- Touch the baby gently in several different places (toes, hands, tummy)
- Call the baby by name several times

Although all healthy babies are different, most move through the states in similar ways. If babies are very sleepy or very upset, it may take some time for them to respond. If a baby does not respond at all to the suggestions above (after several minutes), she may need to be referred to a doctor.

Baby Clues

Parents want to know what their babies need. Babies are good at showing their Moms and Dads what they want. The way babies move and sound can be clues to what they need.

There are clues to show you that your baby needs you and there are clues to show you that your baby needs something else.

“I want to be near you clues” show you that your baby wants to play or eat. Your baby will stare at your face, smile, and follow your voice with his eyes.

“I need a break clues” show you that your baby needs a break. Your baby might need a break if she is bored, tired, or not comfortable. You can tell it is time for a break if your baby looks away a lot, starts to cry, puts her hands to her ears, or frowns at you.

Using Baby Clues

Your baby is giving you all the signs of wanting to be near you. Now what?



- * Now is a great time to play with your baby.
- * It is the best time for your baby to learn, play, or feed

Learning is hard for babies and they get tired very easily!

You know your baby needs a break. What does that mean?

Your baby needs a break. Try to change what is going on around them. Sometimes it is too loud for babies and they need to be held somewhere quiet.



- * Repeat sounds and movements to calm your baby down.
- * Change your voice and movement to wake your baby.

Created by the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



Sleep

New babies wake up a lot. Parents can feel like they will never get enough sleep.



Waking up keeps newborn babies safe and healthy. Newborn babies sleep for 16 hours every day. Too bad it is not all at once! When they get older, they will sleep more like you!

Babies have two different kinds of sleep. In “Active Sleep” babies are dreaming and very easy to wake up. In “Quiet Sleep” babies do not move very much and take longer to wake up.

Both kinds of sleep are good for your baby. They do both without even trying! It helps them grow big and smart!

Sleepy Parents

It is hard to be a new parent. You need to remember to get a lot of rest too!

- * Playing with your baby in the day helps her to sleep more at night!**
- * Make sure to turn off the lights and give your baby a nice quiet place to sleep.**
- * Sleep when your baby sleeps! While your baby takes a nap, it will help if you sit and rest too. You will need all your energy again soon!**

Babies wake up less as they get older.

From 0-8 weeks old

they wake up 3—4 times every night!

At 2 months old

they wake up about 2—3 times every night!

At 4 Months old

they wake up about 1—2 times every night!

At 6 months old

they wake up about 0—1 time every night!

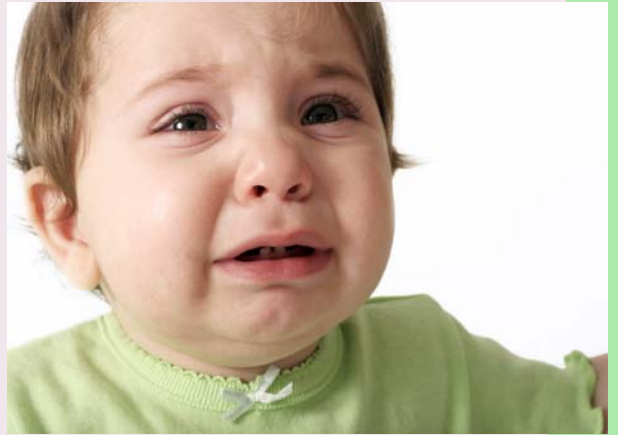
If you think that your baby wakes up too much, ask someone at WIC!

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Babies Crying

No one likes to hear a baby cry. Little babies cry a lot. Older babies do not cry as much. Babies cry so that adults will know they need help.



Why do babies cry?

Babies cry for a lot of reasons. Try to figure out why your baby is crying. Maybe the baby's diaper is dirty or wet. Maybe the baby is hungry. Hungry babies will try to suck or put their hand to their mouth.

Babies cry for a lot of reasons. Giving babies food is not always what they need.

Babies don't like a lot of noise. Your baby might cry if it is too loud. Babies also cry if they are hurt. Make sure your baby is not hurt.

Crying is no fun!

All babies cry. It is not fun to hear a crying baby. Here are some ideas to help!

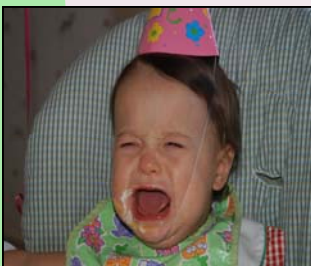
* Sometimes babies need time to calm down. It is hard to hear your baby cry. It will stop.

* Babies love songs. Try to sing your baby a quiet song over and over to make her stop crying.

* Your baby wants to be near you! Hold your baby close and rub his back.

* Do not get mad. If you feel mad at your baby put her down in a safe place.

* If you are worried that your baby is crying too much, ask someone at WIC. They are here to help!



Never shake your baby!

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